

**Curriculum Summary Document****Year 7 – PSHE***Growing Together: Relationships, Community & Personal Development*

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
Managing Relationships	September – early October	<p>Students learn how to build and maintain positive friendships, understand the purpose of rules and expectations, and recognise the features of healthy relationships.</p> <p>They explore different types of committed relationships and family structures, developing clarity around what respectful communication and supportive friendships should feel like.</p>	<p>This module helps students settle into secondary school by strengthening their confidence in forming relationships and navigating social situations.</p> <p>It promotes empathy, respect and positive communication, laying the foundation for future wellbeing, citizenship and personal development learning.</p>	<p>PE – teamwork and positive communication</p> <p>Religious Studies – relationships, family structures and respect</p> <p>English – speaking, listening and discussion skills</p>
First Aid & Personal Safety	Mid October	<p>Students are introduced to essential first aid knowledge and safe ways to respond in an emergency.</p> <p>They learn how to assess risks, when to seek help and how to act responsibly to protect themselves and others.</p>	<p>This module equips students with practical, potentially life-saving skills and builds their confidence in responding appropriately to real-life scenarios.</p> <p>It encourages responsible decision-making and increases their awareness of personal safety.</p>	<p>Science – the human body</p> <p>PE – injury prevention and safety</p>
Community and Me	Late October – December	<p>Students explore the meaning and importance of the Protected Characteristics and consider how they shape an inclusive society.</p> <p>They examine the influence of social media on individuals and communities and learn strategies for managing online conflict and contributing positively to their environment.</p>	<p>This module deepens understanding of equality and respect while developing students' confidence in navigating their place within a diverse community.</p> <p>It strengthens digital responsibility and encourages students to think critically about their interactions both online and offline.</p>	<p>Computing – online behaviour and digital literacy</p> <p>Religious Studies – tolerance, identity and equality</p>

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Digital Literacy	January – February	<p>Students learn what fake news is, how misinformation spreads and the tactics used in online scams.</p> <p>They also explore why trolling occurs and how to manage or respond to negative online behaviour safely and appropriately.</p>	<p>This module strengthens students' ability to question and analyse information, helping them become more discerning digital citizens.</p> <p>It supports safe online navigation, builds resilience against manipulation and encourages thoughtful participation in digital spaces.</p>	<p>Computing – online safety and digital citizenship</p> <p>English – evaluating and interpreting sources</p>
Democracy and Me	February – March	<p>Students explore the concept of democracy, how Parliament works and why elections matter.</p> <p>They develop an understanding of the structures that underpin British society and begin to consider their own role within a democratic community.</p>	<p>This module lays the groundwork for early political literacy and prepares students to engage thoughtfully with civic life.</p> <p>It encourages responsible citizenship and strengthens their understanding of key British values.</p>	<p>History – development of democracy</p> <p>Religious Studies – British values and community</p>
Future Focus	April – June	<p>Students reflect on their personal aspirations and learn how to set meaningful goals.</p> <p>They develop an understanding of budgeting, saving and borrowing, learning why financial planning is important and how it links to independence and future choices.</p>	<p>This module supports personal development by building early financial literacy and encouraging students to take ownership of their goals.</p> <p>It prepares them for increasing independence as they progress through secondary school.</p>	<p>Maths – budgeting and financial calculations</p> <p>Tutor Time – personal reflection and goal setting</p>
Recap and Review	July	<p>Students revisit and consolidate the key knowledge and themes covered throughout the year, reflecting on how their understanding and personal skills have developed.</p> <p>They identify areas of growth and consider next steps for the following year.</p>	<p>This module reinforces key learning, strengthens retention and encourages students to recognise their progress.</p> <p>It supports a smooth transition into further PSHE content in Year 8.</p>	<p>Tutor Time – reflection and personal development</p>